

Casa Hogar is getting ready for you; let us help you get ready for Casa Hogar!

We appreciate your desire to help at Casa Hogar and are looking forward to getting to know you better throughout your stay. The kids are always eager to meet those who make their life at Casa possible. For the benefit of our kids, families, and staff, and so your stay goes smoothly, we ask that you follow certain guidelines while you are at Casa Hogar. We want you to make yourself at home, so please feel free to ask questions at any time.

Following you will find some basic information about Peru, Casa Hogar and the guidelines mentioned above. We have also provided medical information and suggestions, as well as a suggested packing list. All intended to make your missionary experience as fruitful as it can possibly be.

Food in Peru

Casa will provide breakfast, lunch, and dinner for you and your group every day. Many groups are pleasantly surprised with the quality of the food at the orphanage. Peruvians are known for their simple cuisine, with rice and beans being a staple in almost all meals. In Peru, lunch is the largest meal of the day, with dinner being a light meal. *Inform Casa of any dietary restrictions at least 1 month before arrival.*

- **Breakfast** – fresh rolls with butter and jam, yogurt, fruit, coffee/tea.
- **Lunch** – Meals vary, but usually include chicken, beef or fish for lunch.
- **Dinner** – Traditionally, they have soup or a small dish of rice, potatoes and beans.
- **Snacks** – Can be brought with you or picked up at the market to try more of the local foods.

If anyone has dietary requirements, other than an allergy to food that can be kept out of a recipe, we ask that those individuals bring food options for themselves. As the kitchen prepares food for more than 100 people each day, a dietary specific menu is difficult to prepare, manage, and can be costly. An example that cannot be accommodated is a gluten free menu for a serious medical condition. If this is the case for anyone, they should bring food options for themselves or plan to go to the grocery store in Peru as the kitchen cannot be cleaned to ensure there is no gluten contamination. For these extreme cases, a kitchen will be made available for food preparation by that individual.

Our goal is to keep everyone healthy and fed while at Casa Hogar. For that reason, we invite the leader and individual with general food requirements to have a conversation with the assistant volunteer or Bambi (kitchen director) to see if it is possible to help make accommodations or slight changes to the already planned menu. Examples of things that can easily be substituted and provided for individuals are eggs or extra vegetables when a meal is heavy on gluten. Having that conversation when you arrive is the best thing to do as the information may have not been conveyed to the proper people.

Weather in Peru

Packing is one of the most fun parts of getting ready for a trip, but it can also be one of the most stressful. Knowing what it will be like when you are in Peru is always helpful. *The weather in Peru varies greatly depending on the time of the year you are visiting Casa Hogar so don't fully rely on your weather app as they don't usually account for the proximity of our campus to the ocean.*

Winter months in Peru (May – August)

- Daytime highs around 70° and lows around 60°.
- Feels cooler than it actually is.
- High humidity, air is very damp but it rarely rains.
- Most days are overcast and comfortable.
- Comparable to early fall in Wisconsin.

Summer months in Peru (January – March)

- Daytime highs are around 80° and lows around 70°.
- Most days are very humid, rains in early morning.
- Even in the hottest months it cools down at night because of Casa's proximity to the ocean.
- UV index is normally over 10.

GET YOUR SUITCASE AND LET'S GET PACKING

1) Clothing Rules and Packing Suggestions

All mission team members and visitors comply with our dress code. As part of our model of care, we try to instill modesty in our youth as well as respect of self. Remember while you are at Casa you are a role model for the kids as well as a reflection of your organization.

Please know that we want to make this as pleasant a visit for you as we can, but as the modesty practice is for everyone, we must insist it is also followed by the visitors. With that in mind, if a visitor is found to not meet these expectations, they will be asked to change.

If visitors do not have extra or appropriate clothes available, clothing will be provided by the Almacen to be worn during their stay and should be returned before departing. *To be fully transparent, a team has been set up to report concerns and make a decision. We ask that if that occurs, their decision is respected and peacefully accepted.*

- No crop shirts. Midriff and lower back may not show when you lift your arms.
- No sleeveless shirts, dresses or jumpers, unless a sweater is worn over the article.
- Clothing cannot be sheer; undergarments should never show.
- ONLY Bermuda Shorts are allowed or a minimum of "to the knee", otherwise visitors must wear capris or pants.
 - * To the knee to play sports - *if unable to find shorts in your area, order online, Amazon has many options that meet this expectation or men or boys' basketball shorts as they almost always meet the requirement.*
- Skirts and dresses must be below the knee. They don't have to be to the ankle but fully below the knee is required.
- Pants should not be tight. A good rule of thumb, if you can see the outline of undergarments, the pants are too tight.
- Leggings are allowed only if worn under a skirt or dress.
- Clothing can have no reference to drugs, sex, alcohol, violence, racism, etc. on anything.
- Summer (in Peru) visitors may go swimming with the kids. If this applies to you, please know that the swimsuit guideline is very strict. All swimmers are required to swim with shorts and t-shirts. Bikinis aren't permitted under shorts and t-shirts.
- Heels and thin flipflops are not recommended due to the grounds and the places you will walk/visit.
- In addition to the clothing guidelines listed above, guests are not permitted to have piercings, except in the ears, that can be seen when dressed.

What to bring?

- (1) outfit (or 2) for daily Mass (dress pants, modest skirt, button-up shirt for guys)
- (2) everyday outfits to wear in Lima and when leaving the orphanage.
- Enough socks and underwear for your entire stay.
- Good (not new) shoes for walking and hiking (they will get dusty).
- Work clothes for team service project.
- Clothes and shoes for sports and outside activities with the kids.
- Layers based on season – t-shirts, sweatshirts, etc.
- Pajamas for the season. Recommend warm pajamas for the winter months in Peru; it's chilly at night.

2) Other Items to Bring

- Washcloth & Hand towel - Casa provides only bath towels, sheets and blankets.
- Puppy Potty bags - toilet paper cannot be flushed anywhere in Peru. A small garbage can is next to the toilet. Tying up your toilet paper makes it more sanitary and pleasant for your roommates.
- Hand sanitizer - small bottles to keep with you at all times.
- Tea Tree or Rosemary Mint shampoo/conditioner are recommended for lice prevention.
- Sport Water bottle – Bring bottle; filters are not necessary as Casa provides clean filtered drinking water.
- Laundry Soap (small packet) - There are no laundry facilities available for mission teams. Plan to make your clothes last until you leave or it's *lavar a mano* (wash by hand!).
- Consider also: Bible, rosary, journal, pens, paper, etc.

3) Electricity

- International Outlet Converters – Casa provides 3 prong outlet surge protectors that work with all plugs from the states. This is all that most people need, but to be clear, this is not a voltage converter.
- Voltage Converter – *Rarely needed*, please review your electronics to ensure your needs are met while at Casa. Many electronics are set up to work with both 110-220V. If the appliance or item does not say 110-220V you may need a voltage conversion unit.

4) Medical Preparedness and Illness Prevention

International travel requires preparation in more ways than packing. It is important that every traveler contact their doctor to ask for their recommendations before traveling to Peru.

Immunizations

- Covid vaccinations are not required to enter Peru, but are highly recommended by Casa Hogar.
- All routine immunizations noted in the medical form are required.
 - * *Per Rene, Casa Nurse, no one is allowed to be part of a mission team without having received all routine vaccinations and boosters.* Dates must be provided on the vaccination record in the medical form. For your convenience, immunization records are available online at www.dhfwir.org.
- The CDC recommends that anyone travelling to Peru receives:
 - * Typhoid – available by shot or oral. Make sure you don't wait until the last minute to get this as it has a "complete by" date before traveling.
 - * Hepatitis A
 - * **NOT** needed –Yellow Fever and Malaria preventative measures. Doctors presume that because Peru has a jungle, these vaccinations are needed. Lima is actually in the desert, so unless travel beyond Casa Hogar is planned, Yellow Fever and Malaria are not needed.

Traveler's Upset Stomach and Diarrhea

- Traveling to other countries involves exposure to new germs and bacteria. To help avoid things like upset stomach or diarrhea, you should:
 - * Only drink bottled water or water provided by Casa. All water used for cooking/washing food is either boiled or bottled at Casa and safe.
 - * All fruit should be washed before eating. Fruit from Casa has already been cleaned for safety. If you purchase fruit from the market, please ask someone from Casa the best way to wash it.
 - * Be **extra** careful with food outside of Casa. Never eat anything that is not sealed or approved by Msgr. Hirsch or the volunteer assistant.
- Even with the fullest of precautions, some travelers may have difficulties like upset stomach or diarrhea.
 - * Be sure to bring things like *Immodium* or *Pepto Bismol* for those symptoms.
 - * Ask for a prescription of *Cipro* (antibiotic) from your doctor to have on hand, just in case!

Prescriptions & over-the-counter medicines

- All must be in original bottles with labels.
- Check expiration dates on over-the-counter medicines.
- Make sure you have enough medications for your trip plus one week.
 - * If possible, bring a written prescription with you. In the past, Peru pharmacies have filled prescriptions from the United States. It doesn't hurt to have it in the case of an emergency.
- Carry medication in backpack or purse, not in your carry-on suitcase as airlines often ask you to check your carry-on suitcase and it could be lost or delayed.

Sun Screen and Bug Repellent

- Sun screen is definitely needed during the summer in Peru. During the winter months the sun does not usually come out much but it is still a good idea to have sunscreen in the event you have an unusually sunny week.
- Bug spray is needed during the summer months in Peru. Bugs are not usually a problem in the winter months, but it is recommended that the group brings at least one bug spray to share.

Medical Insurance

- Proof of medical insurance coverage is required for each participant.
 - * Travel insurance is the best option, however, if another policy will cover the participant, a copy of the front and back of the card is needed.
 - * *Our proof of insurance policy is for the protection of the visitor and/or responsible party more than for Casa Hogar.*
- In Peru, all medical services must be paid before leaving the clinic or hospital, which unless a credit card is available, must be done by Casa Hogar.
 - * Peruvian medical service providers will not submit or manage a medical claim for services. They will provide all the necessary documents to file.
- Medical service costs paid by Casa Hogar must be repayed by the visitor or responsible party.
 - * A plan for reimbursement should be made with Noel Furger as soon as the team returns home.
 - * Casa Hogar is not responsible to submit insurance claims or wait for insurance reimbursement, but with this policy we hope that visitors do not incur any hardship.

5) Spending Money

- Spending money - typical amount is \$100-\$300 dollars. Current exchange rate is near 3.65 to \$1 which makes your money go farther than you would expect.
- When deciding the amount to bring, keep in mind there will be opportunities to shop for traditional Peruvian craft items, religious items, and other souvenirs.
- Exchange money at Casa, **do not** exchange in the U.S. or the airport. All U.S. currency must be new, crisp bills. Peru will not exchange folded, worn or torn bills.
- ATMs are available in the marketplace. Each ATM charges for withdrawals in addition to any charges your home bank may assess.
- If you plan to use a debit or credit card, be sure to notify your bank or credit card company before traveling or they may put a freeze on your card.

6) Staying Safe and Connected

Before going to Peru, we recommend that each participant do the following:

- Register the trip with www.step.state.gov. This registration notifies the U.S. Embassy in Lima Peru that you are in Peru. Should there be a country or district emergency, the embassy will have the necessary information to ensure your safety.
 - * This registration will also give you updates on alerts for Peru before you travel and while you are in Peru.
- Set up a Whatsapp group between traveler and family members. Whatsapp provides video, voice and text options to stay connected with people at home. This will work anytime the traveler is near WIFI.
 - * It is not necessary to have an international plan as Father Hirsch can make emergency calls to the U.S. when away from the campus.
- In the case of an emergency at home, please have your family keep these numbers on hand.
 - * Msgr. Joseph Hirsch: +51 999 972 609 via Whatsapp.
 - * Noel Furger: 715-297-5139
 - * Casa Hogar Volunteer Assistant: +51 966 319 822 via Whatsapp